



Analysis of Post Pandemic Covid-19 Students' Activities

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Abstract

Physical activity is an activity of the body that is carried out systematically and purposefully, both preventive and curative. The purpose of this study was to analyze by knowing how the level of physical activity of students was during the post-covid-19 pandemic. The research method applied is a quantitative descriptive with a survey approach. The subjects in this study were all 32 students of Class X-2 SMA Pasundan 2 Cimahi City. The instrument used was using a questionnaire about physical activity which only took two types of activity out of three types of activity, namely activity during exercise and during free time. The data analysis technique uses a survey quantitative analysis type, namely the proportion technique. From the results of the study it is known that the physical activity index of students when exercising gets an average score of 2.96 which is included in the less active category, while the physical activity index in their free time has a score of 3.30 which is included in the moderately active category. This indicates that more physical activity is carried out in students' free time than during sport.



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INTRODUCTION

CoronaVirus is a virus that spreads quickly and has claimed around 10,000 lives in Indonesia. This virus was first recognized in Wuhan, China at the end of December 2019 and spread quickly to 183 countries in the world (R & Boy, 2020). This prompted the government to issue circulars and rules or policies to implement social and physical distancing and even PSBB (Large-Scale Social Restrictions) which of course have an impact on all sectors, from education, economy, social, and also sports (Hambali Et Al., 2021). Education is one of the sectors that has been significantly affected, where all learning activities are stopped and replaced with learning activities at home or work from home (Rochman Et Al., 2020). The health crisis caused by the Covid-19 outbreak has pioneered all learning in schools to be carried out online (Renti Et Al., 2021). The implementation of learning activities in schools has not been fully carried out face-to-face, so that all levels of education must implement online learning (Bintoro Et Al., 2021). This can affect the physical activity of students who tend to move more passively.

Physical activity is any body movement produced by skeletal muscles that results in an increase in metabolic rate, where energy expenditure exceeds energy at rest (Bouchard Et Al., 2011). Physical activity is one of the factors that can affect a person's fitness, research states that physical activity has a positive relationship to physical fitness (Ferdianto & Prihanto, 2017) and factors that affect physical fitness are physical activity, and physical activity has a relationship with physical fitness (Kasyifa Et Al., 2018) and someone who has moderate physical activity is four times more likely to have good physical fitness (Agustina Et Al., 2016). Physical activity also has a big

impact on health, especially for energy balance and body composition (Miles, 2007).

However, recently the growth rate of the spread of Covid-19 cases has decreased and is entering the post-pandemic era or better known as the new normal period (Miles, 2007). This is marked by the start of many physical activities outside the home, such as shopping, sports, playing, etc. This situation can actually provide a great opportunity so that students can increase their physical activity (Ainsworth & Macera, 2012), it is recommended that after the Covid-19 pandemic ends everyone should do sports activities gradually which are aerobic in nature (Purwantini & Manikarini, 2022). These questions in the current conditions are whether in the post-pandemic period now student activities have started to increase, or are they still lacking. Presumably that is the basis for researchers to find out directly about the physical activity of high school students after the Covid-19 pandemic.

METHODS

This research uses a survey descriptive research method, where researchers want to find out firsthand the actual situation in the field about the description of the results of students' physical activity, especially after the Covid-19 pandemic. The research subjects used were all 32 students of Class X-2 SMA Pasundan 2 Kota Cimahi. The instrument used a questionnaire about physical activity from Beacke which only took two types of activity out of three types of activity, namely activity during sports and during free time (Iskandar, 2012). The following are the criteria for grouping the results of physical activity measurements:

Table 1. Classification of Physical Activity Results

Physical Activity (Likert Scale)	Physical Activity Index during Sport	Physical Activity Index Free Time	Grouping of Measurement Results
Very active	4.5	5	Active/Regular (above the median)
Active	3.5	4	
Moderately Active	2.5	3	
Less Active	1.5	2	Inactive/Non Routine (below the median)
Very Inactive	0.5	1	

The data analysis technique uses quantitative descriptive statistics with a percentage analysis approach. This means that the data is analyzed by describing or describing the data that has been collected as it is without intending to generalize it.

RESULT

Giving tests or research instruments is carried out directly, by distributing questionnaires to the subjects. Based on the results of the data obtained about the magnitude of the physical activity index score during sports and the physical activity index during free time, the researchers can pour it out in table 2 below:

Table 2. Data Analysis Results of Physical Activity Index

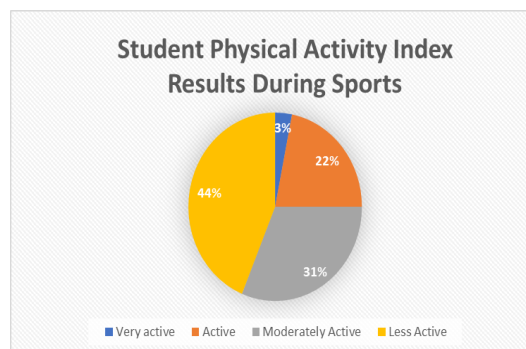
Measurement Type	Average	Std.Deviation	Minimum	Maximum
Physical Activity Index During Sports	2,41	0,78	2,3	5,7
Free Time Physical Activity Index	3,30	0,59	2,3	4,8

Based on the results of the analysis of the data obtained regarding the physical activity scores of Class X-2

SMA Pasundan 2 Cimahi City in table 2 shows that the average value of the physical activity index of students while exercising is 2.41 with a standard deviation of 0.78 and has a minimum value of 2.3 and a maximum value of 5.7. Meanwhile, the average value of the physical activity index of students during free time is 3.30 with a standard deviation of 0.59 and has a minimum value of 2.3 and a maximum value of 4.8. From the above, it can be seen that the average physical activity index of high school students during sports has the criteria of less active activity, while the physical activity index during free time has the criteria of being quite active. This indicates that in general students' physical activities are mostly carried out when they have free time, and this type of activity is an activity outside of sports. Then as a whole the results of the percentage of physical activity index of high school students while exercising or during free time can be seen in the following table and diagram:

Table 3. Student Physical Activity Index Results During Sports

No	Category	F	%
1	Very active	1	3
2	Active	7	22
3	Moderately Active	10	32
4	Less Active	14	43
5	Very Inactive	0	0
Jumlah		32	100 %

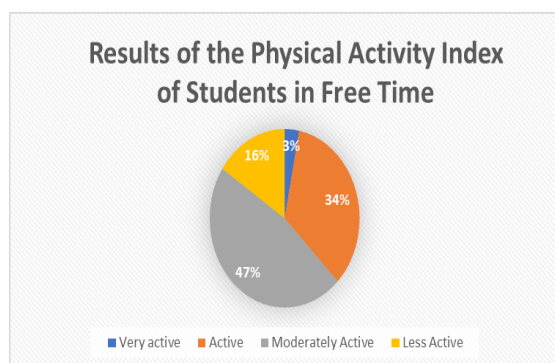


Picture 1. Percentage Chart of Physical Activity Index in sport

Based on the results outlined in table 3 and the following diagram 1, it can be seen that students who have very active physical activity are 1 person or 3%, there are 7 people or 22% who are active, 10 people or 32% are quite active, less active there are 14 people or 43%.

Table 4. Results of the Physical Activity Index of Students in Free Time

No	Category	F	%
1	Very active	1	3
2	Active	11	34
3	Moderately Active	15	47
4	Less Active	5	16
5	Very Inactive	0	0
	Jumlah	32	100 %



Picture 2. Percentage Chart of Physical Activity Index in Free Time

Based on the results outlined in table 4 and the following diagram 2, it can be seen that students who have very active physical activity are 1 person or 3%, there are 11 people or 34% who are active, 15 people or 47% are quite active, less active there are 5 people or 16%.

DISCUSSION

This study shows that the activity index of students during sports is in the less active category, while during free time it is quite active. This proves that even though the Covid-19 pandemic has subsided, student activity, especially when doing sports, is still lacking, this can be based on living habits during the

pandemic that have carried over until now.

There are still many students who feel lazy to exercise, the reason is that when carrying out these activities their bodies feel sick. Several other complaints after the end of the Covid-19 period were easy tiredness of the body during activities, muscle aches and aches, impaired concentration and easy dizziness, these are all effects carried over from post-covid-19 (Crook Et Al., 2021). It is undeniable that low physical and mental health, as well as psychosocial problems are caused by a decrease in physical activity (Jiménez-Pavón Et Al., 2020; Korczak Et Al., 2017), even the impact on students is a decrease in academic achievement (Haapala Et Al., 2017). Based on this, presumably physical activity must be carried out regularly, gradually, properly and correctly in order to get sufficient physical activity, because an adequate dose or not excessive physical activity has the potential to reduce the risk of muscle disease, and LBP or lower back pain by 35.7% (Suryo Et Al., 2017). In contrast, if you lack physical activity, this will cause the potential for various kinds of regenerative diseases, such as obesity, asthma, diabetes, and stroke (Ravalli & Musumeci, 2020), therefore students are expected to always do sports activities to prevent the risk of chronic disease. which is the leading cause of death globally (Who, 2004). This risk will be similar to hypertension, hypercholesterolemia, and heart disease which are symptoms of people who like to smoke (Warburton Et Al., 2006).

The cause of the lack of physical activity in sports is caused by the large number of students who do activities that are just ordinary activities, such as playing gadgets, watching television, taking short walks, and other activities that don't break a sweat. The reason for

the habit during the previous Covid-19 pandemic was that it required students to spend free time at home, so that students tended to behave passively and relaxed more at home, and there was even a drastic decrease in physical activity due to the Covid-19 pandemic in various countries (Arief Et Al., 2020; Xiang Et Al., 2020). It was further stated that four out of ten are not aware of the negative impact of a lack of physical activity which can increase the spread of cancer (Knight, 2020). Therefore, so that everyone is protected from more severe infectious diseases, it is necessary to carry out continuous physical activity (Hall Et Al., 2020).

CONCLUSION

After conducting research and analyzing the physical activity index of students, both during sports and during free time, it can be concluded that overall the 32 respondents on average fall into the less active category for their physical sports activities after the covid-19 pandemic. This is of course a separate whipping and homework for physical education teachers, especially in the context of creating a student physical activity program, both for physical sports activities and during free time. Besides that, it may also be necessary to have an extension about the importance of physical activity among students, so that students have broader education about the benefits and importance of physical activity for them.

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